



Preparing the Community for an Emergency

Everyone knows that when there is an emergency you call 911 for assistance from police, fire and rescue personnel. But what if the magnitude of the emergency kept these professionals from reaching you immediately, interfered with emergency management operations in your community, or was so widespread that it took several hours or even days to reach you? City of La Vista employees recently completed the basic level Community Emergency Response Team Training Program (CERT) consisting of twenty hours of training and practical exercises. The training is designed to prepare citizens to help themselves, their families and their neighbors in the event of a disaster. Additionally, CERT teams are known and trusted resources for emergency responders.

The CERT concept was developed and implemented by the City of Los Angeles Fire Department in 1985. Recognizing that citizens would very likely be on their own during the early stages of a catastrophic disaster, they developed a basic training program in disaster survival and rescue skills. The Federal Emergency Management Agency (FEMA) ultimately picked up the program and made it available to communities nationwide. CERT is also an integral part of Citizen Corps, the program created by President Bush to involve everyone in making our communities and our nation safer, stronger and better prepared.

In Nebraska there are a number of weather-related events that could create an emergency situation including tornado, flood, severe thunderstorm, heat wave, and winter storm. Just a few short months ago many central Nebraska residents were without power for days or weeks due to a severe ice storm. Other potential disaster situations might be a fire, a



CERT trainees practice an emergency rescue technique.

hazardous materials incident, a household or workplace chemical emergency, a nuclear power plant emergency or even an earthquake. In 95% of all emergencies, the victim or bystander provides the first immediate assistance on the scene. Would you know what to do?

Citizens trained in CERT have the skills to help emergency responders save lives and protect property. They can give immediate assistance to victims, provide damage assessment information and organize other volunteers at a disaster site. They know how to identify and anticipate hazards, extinguish small fires, control building utilities, conduct light search and rescue, set up medical treatment areas, apply basic medical techniques, interface with professional emergency responders and help reduce survivor stress.

One of the key components identified by CERT as important to surviving a disaster or lessening the impact of a disaster is to be prepared. Identify a family evacuation plan and a place for the family to meet outside of the home. Develop a family communication plan and review what you will do in different situations. Identify a "safe room" in your home and assemble a

Items to Include in a Home Disaster Supply Kit

Water: 1 gal/ person/day	Garbage bags
Nonperishable food items	Plastic sheeting or tarp
Manual can opener	Rain gear
Mess kits	Whistle
All purpose knife	Blankets
Zip-lock bags	Space Blanket
First aid kit	Emergency contact list
Battery operated radio	Towels
Flashlight	Sanitation and hygiene supplies
Extra batteries	Clothing and sturdy shoes
Glow sticks	Special needs items for pets, babies and the elderly
Small fire extinguisher	Medications
Duct tape	
Signal flares	
Paper and pencil	
Work gloves	

You should also have a "grab and go" bag at work in case you are evacuated, as well as a kit of emergency and seasonal supplies in your vehicle.

A MINUTE WITH mayor kindig



There are many sure signs of spring. Kids are anxiously anticipating the end of the school year and baseball season is in full swing. The golf courses are busy and yard work is once again a weekly ritual.

Spring is also a very busy time for the City. We are getting ready for another La Vista Days celebration, there is increased activity at the Sports Complex and other City parks, and road construction projects will soon be underway. Spring also means preparing for the City's annual budget process.

The budget is presented to the City Council in July each year, however, the work begins several months prior to that time. One of the first steps we take is for the elected officials and management team to participate in a strategic planning process. The Mayor and City Council recognize the importance and value of having this planning process in place to help guide all facets of city government. This year we established the following priorities for the next two years:

- 84th Street Revitalization
- Annexation Planning
- Neighborhood Preservation
- Strengthening Community Identity
- Improving Quality of Life Amenities
- Proactivity on Legislative Issues
- Standards of Excellence for Administration of Municipal Services

I cannot overemphasize the importance of this planning. In fact, I believe it is one of the most important endeavors the City Council undertakes each year, providing staff with essential guidance and facilitating a productive budget preparation process.

The City of La Vista continues to grow and change which creates challenges as a result. The planning process is an important part of how La Vista meets its challenges and continues to provide excellent public services to its citizens. The City Council, the City's management team and I will work tirelessly to meet the challenges and demands that lie ahead. Our planning efforts will pave the way.

Have a great summer!

Douglas Kindig, Mayor

Swimming Pool Advisory Committee to Unveil Concept

Over the past several months, the Swimming Pool Advisory Committee has continued to meet and work with representatives from Water's Edge, a consulting firm hired by the City, to assess La Vista's aquatic needs. There have been several opportunities for community input over the past year regarding options for an aquatics facility. The Committee has developed conceptual plans for a new facility to be located at the current site.

The next step in the process is to make the concept public so the Committee can start receiving feedback which will help them make a suitable recommendation to the Mayor and Council. A public open house to "unveil" the concept will be held on May 30 at 6:30 p.m. at La Vista City Hall, 8116 Park View Blvd. It is anticipated that the Committee will analyze the public response and make modifications, if necessary, prior to making a recommendation to the City's elected officials by mid-summer.

Please take time to visit City Hall on May 30 to view the aquatics facility concept and provide your input about the design.

La Vista City Calendar

All meetings held in the Harold "Andy" Anderson Council Chambers unless otherwise noted.

MAY 2007

1	City Council Meeting, 7:00 p.m.
10	Library Advisory Board, 5:30 p.m. at the Library
15	City Council Meeting, 7:00 p.m.
16	Park and Recreation Advisory Board, 7:00 p.m.
17	Planning Commission, 7:00 p.m.
25	Ice Cream Social, 1:30 p.m., Community Center
28	Most City offices will be closed for Memorial Day
30	Open House to unveil pool concept, 6:30 p.m., City Hall
31 - June 3	La Vista Days

JUNE 2007

5	City Council Meeting, 7:00 p.m.
11	Citizen Advisory Review Committee, 7:00 p.m.
19	City Council Meeting, 7:00 p.m.
20	Park and Recreation Advisory Board, 7:00 p.m.
21	Planning Commission, 7:00 p.m.
26	Dinosaur Egg Hunt, 3:00 p.m., Central Park

JULY 2007

3	City Council Meeting, 7:00 p.m.
4	Most City offices will be closed for Independence Day
12	Library Advisory Board, 5:30 p.m. in Library Board Room
17	City Council Meeting, 7:00 p.m.
18	Park and Recreation Advisory Board, 7:00 p.m.
19	Planning Commission, 7:00 p.m.

policewatch

10 Crime Prevention Tips to Avoid Car Break-ins and Theft from Vehicles

La Vista residents and visitors are encouraged to help reduce the potential for car thefts and break-ins by using these simple yet effective ways to lessen the opportunity for criminal activity in our community.

1. Park your car in an area that is well lit.
2. Be vigilant, park your car where you can watch it.
3. Do not leave your keys in the ignition or in the vehicle.
4. Do not keep valuables in the passenger compartment of your car.
5. Put your valuables in the trunk (remember, "out of sight, out of mind").
6. Do not leave your wallet, purse, portable C.D. player, CD's, cell phone or anything of value in the car even if you're only gone for a short period of time. It only takes a matter of seconds for someone else to reach in and grab them!
7. Vehicles with tinted windows are more likely to be broken into because the tinting hides the activities of the criminals while in your car.
8. Thieves also target cars with the adhesive type of window tinting because it muffles the sound of breaking glass.
9. Convertibles may look cool, but they can be expensive to repair if someone decides to slice a hole in the top to get to your C.D. player. Do not consider locked doors on a convertible as "safe".
10. Report any suspicious activity immediately! If you think you see someone breaking into a car, call 9-1-1.

If a break-in does occur, notify the La Vista Police Department immediately by calling our non-emergency number at 331-1353. Even if nothing of value has been taken or you feel that it is not worth reporting, let the police know. There is a chance that other break-ins may have occurred and any information you provide may lead to an arrest.



La Vista Days

Plans are underway for La Vista Days 2007. The La Vista Area Chamber of Commerce and the City of La Vista are preparing for another year of great family fun. The carnival in Central Park will open on Thursday, May 31 and run through Sunday, June 3. There will be a beer garden in Central Park on Friday and Saturday nights, June 1 and 2.

The annual parade is scheduled for Saturday, June 2, beginning at 1:30 p.m. Again this year the parade will start at 73rd and Park View Blvd. and run west to 83rd and Park View Blvd. The parade *will not* cross 84th Street and traffic will remain open on 84th Street. The reviewing stand will be located in Champion Park at approximately 75th and Park View Blvd. Parade entry forms are available from the La Vista Area Chamber of Commerce, 339-2078.

The weekend will conclude with a Community Cookout sponsored by Suburban Newspapers, a Celebrity Softball game, and fireworks sponsored by Bellino Fireworks. All of these events are held at the City's Sports Complex on Sunday evening, June 3.

Please contact the La Vista Area Chamber of Commerce at 339-2078 or visit their website at www.lavistachamber.org for more information on La Vista Days. Come join in the fun!

CERT continued from cover

kit. Prepare a "go bag" for your vehicle and workplace. These steps can be taken by every family to prepare for a disaster situation.



The City of La Vista Safety Committee determined it was important to offer the CERT training to city employees at all levels as they may be called on to assist in the event of a disaster. City Hall employee Cathy Lupomech stated, "The CERT training was a great opportunity to learn about disaster preparedness and practice teamwork." The training is free and sessions are held throughout the year for interested citizens age 18 years or older. Classes are generally held at the Omaha Fire Training Center, 11550 Rainwood Road, on the last full weekend of each month, and involve a commitment of twenty hours. One weekend of your time could mean the difference between being ready for a disaster and being caught in a disaster without knowledge or resources.

For more information please contact Metro Omaha CERT at <http://www.omahacert.com> or 402-680-8705 or the La Vista Police Department at 402-331-1582.

Community Development Department

Beautiful Savior Lutheran Church - Construction is underway on a 49,000 s.f. religious facility that will include sanctuary space (seating for 750), classrooms, a social hall, meeting rooms, administrative offices, an outdoor basketball court for church members, and a licensed daycare facility. Location: 96th & Melissa Streets.

District 2 Fire Station - Construction has been completed on the City's 22,450 s.f. facility. Volunteers began answering calls from the station in mid-April and an open house will be scheduled early this summer. Location: 7703 S. 108th Street.

Embassy Suites Hotel & Conference Center - Construction is underway on a 248,000 s.f., seven story, hotel with 257 rooms. The hotel will have a full height atrium with dining and lounge seating, two fountains, and full height trees. Amenities at the hotel will include an indoor pool with a hot tub, health and exercise facility and an outdoor sun deck. The atrium will be connected to a conference center by a wide concourse, which will include a restaurant and coffee shop. The conference center will have a capacity of 5,000-6,000 people with a full kitchen, and will be marketed for conventions, corporate meetings, trade shows, fund raising dinners, wedding receptions, etc. Location: 12520 Westport Parkway.

Falewitch Construction - A 7,500 s.f. tenant finish has been completed as the new location for this construction company. Location: 8720 S. 114th Street.

Hampton Inn & Suites - Construction is nearly complete on a 4-story hotel with 116 rooms. The hotel will provide a complimentary breakfast, and will also have an enhanced indoor pool and whirlpool. Opening is expected in June 2007. Location: 12331 Southport Parkway.

Judson Baptist Church - Construction is underway on a church expansion project which will include a new 16,000 s.f. building to be used as a fellowship hall. Location: 8517 Park View Blvd.

Olsson Associates - A 4,900 s.f. tenant finish has been completed for the construction services division of this firm. Location: 8720 S. 114th Street.

Oriental Trading Company - Construction is nearing completion on a 137,000 s.f. warehouse and office addition to their new facility. Location: 11201 Giles Road.

Papio Valley Condominium Warehouse - Construction is underway on a 34,000 s.f. industrial flex building. Location: 12115 Centennial Road.

PayPal - Construction has been completed on a new 2-story, 130,000 s.f. building. PayPal, an eBay company, is a global leader in online payment solutions with more than 100 million accounts. Location: 7700 Eastport Parkway.

Pinnacle Bank - This new 3,251 s.f. bank is now open for business. Location: 12350 Southport Parkway.

Portal Road Flex Buildings - Construction is underway on two new industrial flex buildings, each with 15,000 s.f. Location: 11529 Portal Road.

Pote-Stinn Building - Construction is underway on this 18,600 s.f. industrial building. Location: 12251 Cary Circle.

Productivity Inc. A 38,000 s.f. warehouse and office facility for this machine tool distribution company is under construction. Location: 8402 S. 117th Street.

Securities America - Construction of a 3-story 86,791 s.f. office building is underway. Securities America is an SEC registered investment advisory firm. Location: 12325 Port Grace Blvd.

Southport Professional Building #2 - Construction has started on a second office building on an adjoining lot. Both buildings are 2-stories and have 24,000 s.f. of office space. Location: 12110 Port Grace Blvd.



Planning to Install a Swimming Pool?

Remember to get all necessary permits first! La Vista City Code Section 150.47 and 150.51 require residents to have the necessary permits before work has commenced. A building permit is needed for the pool, an electrical permit is required if a pump is being used, and a fence permit will be needed for the enclosure around the pool.

The definition of a swimming pool is any above ground or below ground body of water in an artificial or semi-artificial receptacle or other container, over two feet in depth, used or intended to be used for swimming or bathing.

Above is a picture of a popular pool that can be purchased which requires all necessary permits and enclosures.

Please contact the Building Department at 331-4343 for any additional information you may need to insure your safety and the safety of others.

UPCOMING 2007 CONSTRUCTION PROJECTS

84th Street Resurfacing - A major face lift is scheduled for 84th Street from Harrison Street to Giles Road beginning in early June 2007. The project will include: curb repair, concrete panel repairs, storm sewer inlet replacement, 2" milling and asphalt overlay, addition of a right turn bay on southbound 84th Street at Giles Road, extension of the left turn bay at Giles Road, new pavement markings and wheelchair ramp repairs. There will be lane restrictions throughout the project. Motorists should consider using 72nd St. or 96th St., which will be open to Hwy. 370 by the start of the project. The milling and asphalt overlay are planned to be done during non-rush hours and at night. If you have questions concerning the project please call Greg Goldman, Street Superintendent at 331-8927.

street at the southwest corner of the Sports Complex, along the southern property line of the complex, across 66th Street and continuing north on the east side of 66th Street. The trail will temporarily end at Harrison Street. The final connection to the Keystone Trail from 66th Street to the Big Papio Creek will be incorporated into the Harrison Street reconstruction scheduled for the spring of 2008.

Marisu Lane Court - A 2" milling and asphalt overlay is scheduled for Marisu Lane Court this summer. The project will also include curb repair and minor concrete panel repairs. Residents will be notified of further details on the project after a contract is awarded and pre-construction meetings have been completed. Traffic should remain open during most of the milling operation. The entire roadway will be closed for 8-12 hours for the asphalt overlay.

Harrison Street Project (48th Street to 71st Street) - Construction on this project will begin in the spring of 2008. During the 2007 construction season work will continue on final design plans, right-of-way acquisition and utility relocation. The project will change Harrison Street to a three lane urban design with curb and gutters. Right turn bays will be installed at specific locations and traffic signals will be installed at 66th Street. The Harrison Street project is a joint venture involving the City of La Vista, City of Omaha, City of Bellevue, Sarpy County and Douglas County.

Golf Course Drainage Swale - Work began in March on the drainage swale located in the northwest corner of the golf course; near the number nine green. Nelson Rock Company will be repairing erosion problems by installing Armour-Flex matting. This product is a mat of open cell concrete blocks that are held together with flexible cables. Once in place, the mats stabilize the floor and sidewalls of the drainage swale. The open cell design allows vegetation to grow in each cell, producing a natural looking drainage swale. This product was used on a previous project at the golf course in Thompson Creek running under 84th Street and through both fairway #5 and #9.

La Vista Link/Keystone Trail - The City of La Vista has secured federal funding to build a trail link to the Keystone Trail. After several attempts to secure funding, a \$246,347 Transportation Enhancement Grant was awarded to the City by the Nebraska Department of Roads. The project calls for the installation of a 10' wide concrete trail running from a dead end

BE CAREFUL WHAT YOU FLUSH!

The Public Works Department has responded to several recent plugs in the City's sanitary sewer system. The culprit causing the plugs has been disposable shop/garage towels. This type of paper towel is very coarse and does not dissolve in water. Continued flushing of these towels can cause major problems for a residential sewer lateral, as well as interfere with the operation of the sanitary sewer main. Disposable shop/garage towels should be disposed of in the trash. Please keep in mind the only paper products that should be flushed down the toilet are toilet paper and tissues. If you experience problems with your residential sewer lateral line and have the line mechanically cleaned, please notify the Public Works Department at 331-8927. The sewer division will have a staff member check the City main line to ensure there are no problems with flow.

Free Mulch

The Public Works Department has a limited supply of free mulch available to residents while the supply lasts. Please call Public Works at 331-8927 to schedule a time to pick it up. The City cannot deliver mulch to your location.

librarynook

9110 Giles Road • 402.537.3900 • www.ci.la-vista.ne.us/library

hours

Mon. - Thur. 8:00 - 9:00 p.m.

Fri. - Sat. 8:00 - 5:00 p.m.

Sun. 1:00 - 5:00 p.m.

LIBRARY CARDS

Library cards are available free of charge to the residents of La Vista. This means if you live within the city limits, you can check out all library materials at no additional cost. If you are not sure whether if you live within the city limits, just call the library or stop in and visit this wonderful facility. If you live outside the city limits, you can purchase a membership for one full year for \$45, less than the cost of two hardback books! The library has a great selection of the latest publishing authors. If we don't have your favorite, request the title or author you want at the front desk. See you at the library!

LIBRARY WEB PAGE

The Library Web Page is located at www.ci.la-vista.ne.us. Click on "Card Catalog" to search the library's collection. Click on "Resources" to see the Databases you can access. The library is currently subscribing to an electronic auto manual complete with wiring diagrams and recall information. It is called "Auto Repair Reference Center" and can be accessed by clicking on the Novelist button. Call the library for details on how to access this from your home.

SPRING PROGRAM FOR YARD CARE

Come to the library on April 21st at 10:00 a.m. to hear a Douglas County Master Gardener talk about general yard care and spring preparations. Bring your questions, concerns, and planning ideas. Feel free to bring your plant leaves or small sample to show or discuss with the Master Gardner. For those with children there will be activities scheduled during this same time in the library.

TECHNOLOGY CLASSES

The following computer classes are offered to library cardholders to provide skills in specific areas: Basic Computer Skills, Basic Internet, Basic Word and Basic Scanning. These hands-on classes are held in the library computer lab. A monthly calendar of classes and their content is posted at the library and on the web page. Registration is required. Contact Jean Hurst for more information at 537-3900.

GENEALOGY GROUP

The Genealogy Group meets on the first Thursday of every month at 6:30 p.m. Join us for an opportunity to share ideas concerning your family's history. Learn about the genealogy resources available at the library including a microfilm reader and a microfiche reader.

EVENING BOOK CLUB

The Library has an evening book club which meets the second Monday of every month. Call the library to determine the current title and join us for a book discussion.

Did you know that the library has magazine subscriptions for Antique Roadshow Insider and Audubon? Come by the library to check out these magazines.

children

SUMMER READING PROGRAM

The 2007 Summer Reading Program, Get a Clue @ Your Library, is open to children from infant through 8th grade. Program participants will be able to explore the library's collection for exciting books to read. They can earn prizes and coupons by keeping track of the amount of time they spend reading. The Summer Reading Program will also offer various activities throughout the summer including Preschool, Toddler and Lapsit Storytimes, crafts, contests, movie night, guest speakers, and more. Special guests include the magician Jeff Quinn, Ak-Sar-Ben Aquarium, race car driver Steve Kosiski, Nebraska Raptor Recovery and more!

Registration for the Summer Reading Program will be at the Kick Off, **May 30th from 2:00 p.m. to 4:00 p.m. at the library**. Visit the library's web page for more information or ask on your next visit to the library.

STORYTIMES

Summer Storytimes are available during June and July. **Preschool Storytime** starts on June 4th and will run on Monday, Tuesday, Thursday and Friday at 10:00 a.m. **Toddler Storytime** begins on June 11th through July 27th and will run Monday, Tuesday, Wednesday and Friday at 10:10 a.m. **Lapsit** will begin on June 14th and continue to July 26th for children from 6 months to 18 months of age. These fun, hands-on programs introduce young children to the library and the joy of reading. Preschool Storytime is geared for children 3-5. Toddler Storytime is for children 18 months - 3 years along with Mom, Dad or a grandparent or care giver. **Registration for all storytimes is required**. Call for more information.

READING ROOM

This is a basic drop-in storytime session of 20-30 minutes where children with or without a parent will be read to by library staff. This session is geared for infant children through 2nd grade. There are two sessions each week: Saturdays at 10:00 a.m. and Tuesday evenings at 7:00 p.m. No registration is needed. Drop-in to the Reading Room.

shorttakes shorttakes shorttakes shorttakes

Try 211 for Assistance

If you are looking for assistance with a problem and don't know where to turn, or you want information about a particular human service issue, try calling 2-1-1. Hosted by United Way, Nebraska's 2-1-1 resource center provides access to information on health and human services with one phone call. Or visit online at www.ne211.org. All calls are strictly confidential and while you will be asked for your name and other details, you are not required to disclose this information to receive referrals. The 2-1-1 resource center is available 24 hours a day, seven days a week.

Hit the Links

La Vista Falls Golf Course has a new manager, Denny Dinan, and a new look in the clubhouse.



The interior of the clubhouse has been repainted and Fareway Golf will be stocking a selection of Air-Cool golf shirts. Additional golf equipment such as bags, clubs, balls, hats, gloves and towels will also be available. The course is in great shape thanks to our very talented grounds crew led by George Barth. If you haven't played at La Vista Falls in a while, come back and see us; you won't be disappointed. (Full details regarding leagues, greens fees, etc. can be found in the Recreation insert in this newsletter.)

Employee Recognition

On February 10, 2007 the City of La Vista recognized outstanding employees and volunteers with a variety of awards in several categories. Mayor Douglas Kindig and City Administrator Brenda Gunn presented the awards.



Employee of the Year - Karen Fagin



Outstanding Service Awards - John Kottmann, Cathy Lupomech, Scott Stopak, Robert Lausten, and Marcia Schipper (not pictured)

Council Clips

The following items are highlights of recent City Council action:

- Approved an application to the Economic Development Program from John Q. Hammons for an Embassy Suites Hotel and Conference Center
- Approved the One and Six Year Road Plan
- Held a day-long planning session to formulate and adopt a strategic plan
- Approved an agreement with the Nebraska Department of Roads for the resurfacing of 84th Street (State Highway N-85)
- Approved the issuing of six permits for the sale of fireworks
- Approved an agreement with the Nebraska Department of Roads regarding the La Vista link to the Keystone Trail



Board and Commission Service Award - Marv Carcich - 30 Years; Marv Birkey - 30 Years (not pictured)



Leadership Award - Rita Ramirez



Police Employee of the Year - Mark Hardesty



2006 T.E.A.M. Awards - Safety Committee and Southport Development Team

LA VISTA cityofficials

Mayor

Douglas Kindig

City Council

Brenda Carlisle, Ward 1
Ron Sheehan, Ward 1
Robert McLaughlin, Ward 2
Terrilyn Quick, Ward 2
Mark Ellerbeck, Ward 3
Alan Ronan, Ward 3
Anthony Gowan, Ward 4
Kelly Sell, Ward 4

City Administrator

Brenda Gunn

Management Team

Rita Ramirez, Assistant City Administrator
Pat Archibald, Buildings & Grounds Director
Pam Buethe, City Clerk
Ann Birch, Community Development Director
Sheila Lindberg, Finance Director
Rose Iwan, Library Director
Kirk Schuster, Fire Chief
Bob Lausten, Police Chief
Joe Soucie, Public Works Director
Scott Stopak, Recreation Director



District 2 Chief Steve Viers and Assistant Chief Mike Farquhar cut the ribbon to open La Vista's newest Fire Station. A public open house will be held early this summer.



City of La Vista
8116 Park View Blvd.
La Vista, NE 68128

p: 402-331-4343 | f: 402-331-4375

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what'shappening • summer 2007



KIDS & FAMILIES - COME ON OVER THE LAST DAY OF SCHOOL FOR AN ICE CREAM SOCIAL!

Come kickoff your summer at the La Vista Community Center (outside) with an ice cream social on the last day of school, May 25th at 1:30 p.m. Bring the kids and have some fun! (There may be a small fee for ice cream.) Check at the Rec Center for more information. In case of rain, social will be held in the gym.

IT'S A DINOSAUR EGG HUNT!

TUESDAY, JUNE 26TH AT 3:00 P.M.
AT CENTRAL PARK. Registration
Deadline: Friday June 22, 2007
FEE: \$1 per person or \$3 per family
(payable at registration). Family and
friends will gather at Central Park
to hunt GIANT DINOSAUR EGGS!
When all the "eggs" are found, we'll
gather back at the shelter to "crack
open our eggs" and enjoy a cold
slice of watermelon. Come join in
La Vista's newest summer fun for the
whole family!



Community Center hours of operation (please note-hours are different for adult and youth):

Mon. - Fri: 8 a.m.-10 p.m.
Sat. (May 1 - Aug. 31): 9 a.m.-4 p.m.
Sat. (Sept. 1 - April 30): 8 a.m.-6 p.m.
Sun. (May 1 - Aug. 31): Closed
Sun. (Sept. 1 - April 30): 1 p.m.-10 p.m.
Mon.-Fri. (School Yr.): 8 a.m.-3 p.m.
Adults Only
Mon.-Fri. (School Yr.): 3 p.m.-10 p.m.
Adults & Youth
Mon.-Fri. (Summer): 8 a.m.-1:30 p.m.
Adults Only
Mon.-Fri. (Summer/Sched. No School)
1:30 p.m.-10:00 p.m. Adults & Youth

HERSHEY TRACK & FIELD MEET

Join other youth between the ages of 9-14 (age as of December 31, 2006) from La Vista, Papillion, Bellevue, Gretna and Springfield in the 2007 Hershey Track and Field Meet. Events include long jump, softball throw, 50 meter dash, 100 meter dash, 200 meter dash, 400 meter dash, 800 meter run, 1600 meter run and the 4 x 100 meter relay. Event winners will proceed to the state meet in Grand Island in June. Winners of that meet may qualify for the national meet in Hershey, PA. **PARTICIPANTS MUST PRE-REGISTER!** There will be no "DAY OF" entries allowed. Pick up registration forms at the La Vista Community Center or call 331-3455 for more information. Meet Date: Sunday, May 21, 2007. Start Time: 12:00 noon. Location: Papillion-La Vista South High School Track - 10799 Highway 370. **FEE:** Free.

JAZZERCISE-LITE

A fitness that's not intimidating, just invigorating! This 45-60 minute class pairs moderate aerobics with exercises that are designed to improve strength, balance, and flexibility using easy-to-follow movements. **GREAT EXERCISE FOR SENIORS!** You can't go wrong with this popular light version of the original Jazzercise program. Enrollment is open-join anytime! No contracts or membership fees! **FEE:** \$16/month or \$3 drop-in. Contact Instructor Mary Beth Brandeau at 935-0472 for class days and times.

BELLY DANCING CLASSES!

FOR ALL AGES/ALL SIZES! A continuing class where you will learn an art form and musical instrument (finger cymbals). Enjoy this form of dance that brings out your unique self-expression. For more information, call Wren Newman at 596-1397. Class Times: (Beginner) Tuesday 5:30 - 6:30 p.m. (Advanced) Tuesday 7:00 p.m. - 8:00 p.m. **FEE:** \$20 per month.

OMAHA JITTERBUGS

The Omaha Jitterbugs offer a variety of dance lessons at the Community Center such as Lindy Hop, Charleston for Two, Swing and Bal-Swing (Balboa). Length of sessions and fees vary with classes. For more information and registration, visit their website at www.jitterbugs.org.

JANEL'S YOUTH DANCE CLASS

Several dance styles, tumbling and pom offered for youth. Call Janel at 504-4357 for more information on schedule, registration and fees.

KARATE

Children's Classes: Ages 5-12 Tues. & Fri., 6:00 - 6:45 p.m. Adult Classes: Ages 13 & Over Tue. & Fri., 7:00 p.m.-8:30 p.m. **FEE:** \$25 per Month with a \$5 One-Time Sign Up Fee. For information, call Sensei Porter at 592-7771.

AIKIDO

Children's Classes: ages 5-11 yrs. Mon. & Thu. 6:00 - 7:00 p.m. Adult Classes: Ages 12 & Over: Mon. & Thu. 7:00 - 9:30 p.m. **FEES:** Adult Classes: Residents \$30/month; Non-Residents \$35/month Children's Classes: Residents \$15/month; Non-Residents \$20/month. For further information, call Ron Christenham at 339-6124.

KIKAI FIGHTING METHOD AND A.S.A.P. METHOD

Adult Martial Arts Classes, Wednesday evening 7:00-9:00 p.m. In Kikai, you will learn the core techniques of multiple martial arts. A.S.A.P. (Adrenal-Scenario-Based Awareness & Protection) develops the correct responses in pre-conflict stages. **FEES:** \$40 per month; \$20 for those already enrolled in LVCC martial arts class. For more information, please call 331-3455.

TRADITIONAL JAPANESE SWORDSMANSHIP

Suio Ryu is one of the few ancient systems of martial arts practiced today. It encompasses a broad variety of techniques such as jojutsu (Suio Ryu), kumi-iai (paired sword forms), naginata-jutsu, pure kempo sword and wakizashi techniques. Classes are held on Wednesday, 7:00 - 9:00 p.m. and Saturday, 12:00 - 3:00 pm. Adults, (ages 18 & older}, only. Open enrollment. **FEE:** \$40 per month. For more information, email Britt Nichols at Info@suioryu-usa.org.

ADULT WEIGHT TRAINING CLASSES

This class, for adults age 18 and older, teaches the basics of weight training. Learn how to set up and advance; use proper technique and form; and get the most out of your weight-training program using both machine and free weights. This individual training class meets for two 1-hour sessions. Body Fat Testing is included. **FEE:** \$25.

LA VISTA WALKING/EXERCISE CLUB

The La Vista Walking/Exercise Club, is a continual free program throughout the year. This year individuals are challenged to hypothetically "Exercise Your Way Across and Around Nebraska". Walkers and runners are challenged to make it "across" (460 miles) from Henry, Nebraska to Rulo, Nebraska. Bikers, rollerbladers or any wheel exercisers can try to make it "around" (1,340 miles). You may walk/exercise at the Community Center or outside.

INDOOR REMOTE CONTROL MODEL AIRPLANE FLYING

Every Monday from 11:30 a.m. to 1:30 p.m. you can participate in Indoor Model Airplane Flying at the La Vista Community Center. These lightweight planes will amaze you, as will the individuals who designed and fly them. A good time is had by all during this weekly event! Come watch at no cost, or come fly your own plane for a small drop-in fee!

TACKLE FOOTBALL LEAGUE

Ages 9/10, 11/12 & 13/14. Registration Deadline: July 9, 2007. Teams determined by age and weight as of August 1, 2007. A copy of the player's birth certificate is required to register. **FEES:** La Vista Residents \$95, Non-Residents \$115. Uniform deposit \$160 Volunteer Coaches Needed.

LA VISTA SENIOR CENTER

The La Vista Senior Center is located in the Community Center and offers friendship, food, fitness, field trips, and many more fun activities. The Eastern Nebraska Office on Aging provides hot lunches on Mondays, Wednesdays and Fridays at 11:30 a.m., catered by Valley Corporation. Lunch reservations need to be made by noon one business day in advance by calling 331-3455. A suggested donation of \$2.50 (for ages 60 & over) is appreciated.

The Community Center has Senior walkers every morning (free of charge), and a fitness room with various exercise equipment for your use. There is no charge for La Vista Seniors to use the equipment, with a small charge of \$2 for non-resident Seniors (age 55 & over).

Jazzercise Lite is a moderate aerobics class with exercises that are designed to improve strength, balance and flexibility. This a tremendous class for Seniors or the very out of shape- Male and Female! You may join at anytime. The fee is \$16/month or \$3/class drop-in. Give Instructor Mary Beth Brandeau a call at 935-0472 for more detailed information on days and times.

Seniors go on several outings per month including restaurants, museums, movies or sight-seeing. Past outings have included Nebraska City for apples, Lauritzen Gardens, Durham Western Heritage Museum, Fontenelle Forest Sun Program for Seniors, the Nebraska State Fair, and of course the Christmas Light Tour!

Bridge is offered every Monday, and the seniors play cards on Friday, both after lunch at 12:15 p.m.

Throughout the year, the Seniors have special events such as the annual Valentine's Day party, which includes great food and entertainment. Pot-luck lunches are also held frequently, and monthly birthday parties are held the second Wednesday of each month.

A visiting nurse is at the Community Center on the first Friday of each month from 9-11:00 a.m. There is a sign-up sheet across from the front desk, but walk-ins are welcome.

Transportation is available for La Vista and Ralston residents on the Ralston/La Vista Special Services Bus. Please call 331-6677 or 657-3550 for further information.

To look at scheduled activities/trips and lunch menus, be sure to pick up a monthly La Vista Senior Newsletter at the La Vista Community Center, or visit us on-line at www.ci.la-vista.ne.us

CHEERLEADING FOR TACKLE FOOTBALL

Ages 7-14 as of August 1, 2007. Registration Deadline: July 9, 2007. **FEES:** La Vista Resident \$25, Non-Residents \$45 Uniform deposit \$75. Volunteer Coaches Needed.

FLAG FOOTBALL LEAGUE

Ages 6/7/8 as of August 1, 2007. Registration Deadline: July 9, 2007. **FEES:** La Vista Residents \$30, Non-Residents \$50. Volunteer Coaches Needed.

CO-ED YOUTH VOLLEYBALL LEAGUE

Grades 3rd/4th & 5th/6th. Registration Deadline: September 9, 2007. **FEES:** La Vista Resident \$30, Non-resident \$50. Volunteer Coaches Needed.

YOUTH SOCCER LEAGUE

Ages 4/5 & 6/7 as of August 1, 2007. Fall Session Registration Deadline: July 16, 2007. **FEES:** La Vista Resident \$25, Non-Resident \$45. Volunteer Coaches Needed.

LA VISTA LANCERS SOCCER CLUB

Ages 8 through 11. The La Vista Lancers Soccer Club is taking registrations for the Fall 2007 season. We have recreational teams for both boys and girls. Teams are forming for ages 8-11. Teams play in the Sarpy County Soccer League, which includes La Vista, Papillion, Gretna and Springfield. Information and registration forms are available at the La Vista Recreation Department or on-line at lavistalancerssoccer.com. Registration forms and fees are due by June 1, 2007. Practice begins August 1, 2007 and games begin in early September. Teams are subject to availability of players and coaches.

WOMEN'S FALL RECREATIONAL VOLLEYBALL LEAGUE

Registration Deadline: August 13, 2007. **FEES:** \$100 per team. Games played Wednesday evenings.

LA VISTA FALLS GOLF COURSE

Visit the La Vista Falls Golf Course, now open for the 2007 season. The Course has open golf, Junior Leagues, Adult Leagues and more. Call Manager Denny Dinan at 339-9147 for more information on hours, fees, and special outings. (If golf course is closed, please call the Recreation Dept. at 331-3455). Watch the Omaha World-Herald and the Metropolitan Tee Times for specials.

SPRING & SUMMER GOLF LEAGUES

Men - 2 Person Teams. Competitive with standings and handicaps, Flag Prizes & Fun Nights

Women - Individual, twosome, threesome and foursome teams. Competitive with Standings. Flag Prizes & Fun Nights

Couples - Male/Female. Competitive with Standing. Flag Prizes & Fun Nights

Juniors - Individual, Groups. Accommodations for Car Pooling. Fun & Supervised Play. On-Course Tips & Instruction. End of the Year Prizes & Party. *Must have playing ability & knowledge of the game.

Seniors - Any Interested Seniors will be contacted (if numbers are sufficient) to structure leagues or permanent tee times as desired.

Weekend golf leagues or permanent tee time arrangements can be made by contacting Manager Denny Dinan at 339-9147.

MAY-JUNE-JULY GOLF SPECIAL! 9 HOLES OF GOLF WITH CART FOR \$9.00 PER PERSON! Special prices Monday through Thursday 11:00 a.m. - 3:00 p.m.

NEW AT LAVISTA FALLS PRO SHOP!

In conjunction with Fareway Golf LLC, the La Vista Falls Golf Course pro shop will now be carrying Air-CoolTM golf shirts - made with TynelTM, the only true moisture-wicking material on the market. Guaranteed to keep you cool and dry all day, these shirts are machine washable with no shrinkage, no collar curl and no ironing needed. Sizes S-3XL available. Check out the complete line of golf equipment and accessories - bags, clubs, balls, hats, gloves and towels!

LEAGUE FEES FOR 2007

1) Leagues with Prize/Party Fund	\$ 170.00 per player
2) Junior Golf Program	\$ 70.00 per player
3) All Other League Play.....	Regular Green Fees x number of weeks

GREEN FEES & SPECIALS MARCH 1 - SEPTEMBER 30, 2007

***AFTER 3:00 P.M.**

9-Hole Weekdays (adults).....	\$ 8.50	1 year Adult Memb.....	\$ 300.00
9-Hole Weekends		1 year Family Memb.....	\$ 600.00
(Sat-Sun) (adults).....	\$ 10.00	1 year Jr/Sr Membership.....	\$ 200.00
18-Hole Weekdays (adults)....	\$ 14.50	Pull Carts	\$ 2.00
18-Hole Weekends		Rental Clubs	\$ 7.00
(Sat-Sun) (adults).....	\$ 16.00	Electric Carts (9-Holes)	\$ 6.00
9-Hole Weekdays (Jr/Sr)	\$ 6.00	Electric Carts (18-Holes)	\$ 9.00
9-Hole Weekends*			
(Sat-Sun) (Jr/Sr)	\$ 6.00	Punch Card Discount	
18-Hole Weekdays (Jr/Sr).....	\$ 11.00	Buy 10-Get 12 (Adult).....	\$ 85.00
18-Hole Weekends*		Buy 10-Get 12 (Jr/Sr).....	\$ 60.00
(Sat-Sun) (Jr/Sr)	\$ 11.00	Buy 20-Get 25 (Adult).....	\$ 170.00
		Buy 20-Get 25 (Jr/Sr).....	\$ 120.00

FALL ADULT SOFTBALL LEAGUES

Registration Deadline: Monday August 13, 2007 or until league fills. Co-ed Leagues: Fri/Sun. Men's League: S/M/T/W/T/F. Double Header Leagues: W/Th
FEES: Co-ed, Men's League \$110 Double Header League \$220 Umpire **FEES:** \$18 per game paid directly to the umpires. Separate Forfeit Deposit: Coed/Men's \$36 Double Header League: (2) \$36. Please pay deposits separate from registration fee.

ALWAYS CHECK AT THE COMMUNITY CENTER FOR EVENTS HAPPENING THAT MAY NOT BE LISTED IN THIS NEWSLETTER. WE POST FLYERS OFTEN FOR SPECIAL EVENTS PLANNED AFTER THE NEWSLETTER IS PRINTED.

YOU CAN ALSO FIND INFORMATION REGARDING COMMUNITY CENTER AND RECREATION DEPARTMENT EVENTS AT WWW.CI.LA-VISTA.NE.US



RED CROSS SWIMMING LESSONS

Registration Dates:

La Vista Residents Beginning:Monday, April 30, 2007

Non-Residents Beginning:Monday, May 7, 2007

FEE: La Vista Residents:\$25.00

Non-Residents:\$50.00

Swimming Lesson Sessions:

Session 1:June 11 through June 22

Session 2:July 9 through July 20

Session 3:July 23 through August 3

Levels of Lessons: Pre-Beginners, Level I, Level II, Level III, Level IV, Level V, Level VI

Lessons are held Monday through Thursday. Fridays are rain days. Minimum age for pre-beginners is age four. All classes are forty-five minutes in length.

LA VISTA MUNICIPAL SWIMMING POOL

The La Vista Municipal Pool will open on Saturday, May 26, 2007 and close Monday, September 3, 2007 (Labor Day). Pool Hours are 1:00 p.m. - 9:00 p.m. daily (schedule will change once school begins). Season passes and resident tags may be purchased at the La Vista Community Center. Season passes are available for Residents and Non-Residents.

SWIMMING POOL FEES - 2007

Daily Admission:

Youth 5 & under:Free

Youth Resident 6-17 years of age (with tag):\$ 2.00

Youth Non-Resident 6-17 years of age (with tag):\$ 4.00

Adult Resident 18 & older (with tag):\$ 3.00

Adult Non-Resident 18 & older:\$ 4.00

RESIDENT TAG\$ 1.50

YOUTH RESIDENT Season Pass\$ 50.00

YOUTH NON-RESIDENT Season Pass\$ 80.00

ADULT RESIDENT Season Pass\$ 60.00

ADULT NON-RESIDENT Season Pass\$ 90.00

FAMILY RESIDENT Season Pass\$ 90.00

FAMILY NON-RESIDENT Season Pass\$ 150.00

DAY-CARE Season Pass\$ 250.00

30-Day Pass Booklet (Residents)\$ 45.00

30-Day Pass Booklet (Non-Residents)\$ 75.00